

# Green Bean and Rice Casserole

**Makes:** 6 Servings

This no-fuss side dish is a great addition to any meal and can be prepared in a flash.

## Ingredients

- 1/2 cup** onion, chopped
- 2 teaspoons** vegetable oil
- 1/2 cup** rice, uncooked
- 1 can** low-sodium green beans, drained (about 15 ounces)
- 1 can** low-sodium diced tomatoes (about 15 ounces)
- 1 cup** water

## Directions

1. In a medium-size pan, cook onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>114</b>	
Total Fat	1.6 g	
Protein	3 g	
Carbohydrates	21 g	
Dietary Fiber	3 g	
Saturated Fat	0 g	
Sodium	183 mg	